

Full Report (All Nutrients) 45056240, LIGHTLY SAUCED PASTA & BROCCOLI WITH ONIONS & BACON IN A CHEESE SAUCE,  
UPC: 014500015112

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Report Date: May 19, 2017 16:53 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer BIRDS EYE

Nutrient	Unit	Data points	Std. Error	1.5 cup 211g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	230	109
Protein	g	--	--	10.00	4.74
Total lipid (fat)	g	--	--	5.99	2.84
Carbohydrate, by difference	g	--	--	33.99	16.11
Fiber, total dietary	g	--	--	3.0	1.4
Sugars, total	g	--	--	2.00	0.95
Minerals					
Calcium, Ca	mg	--	--	150	71
Iron, Fe	mg	--	--	1.79	0.85
Sodium, Na	mg	--	--	420	199
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	12.0	5.7
Vitamin A, IU	IU	--	--	200	95
Lipids					
Fatty acids, total saturated	g	--	--	3.00	1.42
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	15	7

Amino Acids

Other

Ingredients

COOKED ENRICHED MACARONI PRODUCT (WATER, DURUM WHEAT SEMOLINA, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEESE BACON SAUCE (WATER, CHEDDAR CHEESE [PASTEURIZED WHOLE MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO COLOR], LIGHT CREAM BLEND [CREAM, SKIM MILK, NONFAT MILK POWDER], PARMESAN CHEESE [PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], MODIFIED FOOD STARCH, CONTAINS 2% OR LESS OF: COOKED BACON BITS [CURED WITH:

WATER, SALT, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE, MAY CONTAIN UP TO 2% OR LESS OF: SUGAR, BROWN SUGAR, SMOKE FLAVOR], NATURAL AND ARTIFICIAL BACON FLAVOR [AUTOLYZED YEAST EXTRACT, MALTODEXTRIN, SALT, NATURAL FLAVOR, SUGAR, BACON FAT, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, BEEF FAT, SODIUM CITRATE, BEEF EXTRACT (BEEF STOCK, AUTOLYZED YEAST EXTRACT, SALT, FLAVORS), SPICES, BHT (PRESERVATIVE)], SALT, NATURAL CHEDDAR FLAVOR [NATURAL FLAVORS, LACTOSE, WHEY POWDER, AUTOLYZED YEAST EXTRACT, SALT, MALTODEXTRIN, DEHYDRATED CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES), BUTTERMILK POWDER], XANTHAN GUM, ANNATTO EXTRACT [COLOR], NATURAL FLAVOR, COCONUT OIL), VEGETABLES (BROCCOLI, ONIONS). *Date Last Updated by Company:* 01/06/2016